

1 WARM UP FOLLOW YOU WAVE 18 waterinmotion STRENGTH									
Intro	Jog heel								16x
Verse	JOG HEEL 16 / JOG 16 Jog Heel 16 / Jog 16 (Arms: Push side / Push down)								1x
Chorus	NEUTRAL JACK 4 / REBOUND JACK 4 Neutral Jack 4 / Rebound Jack 4 (Arms: Bend elbows – lift & lower / Side sweep)								2x
Bridge	ROCK 2 / EASY SKATE 4 Rocking Horse 2 / Skate 4 (Arms: Thumbs up / Sweep)								4x
FINISH	Land wide thumbs up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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2 LOWER BODY 1 RAIN ON ME WAVE 18 waterinmotion STRENGTH									
Intro	2 Dumbbells, Crossed, At Chest								
Verse	FLEXED FLUTTERS 8 / FAST FLUTTERS 14 Side Flotation, Flex Feet, Flutter 8 / Point Toes, Fast Flutter 14 – Some TVL (Arms: Hug dumbbells)								2x
Chorus	DIAMOND JUMPS Neutral Or Suspended, Diamond Jumps (Arms: Small push down on dumbbells)								16x
Bridge	KARATE BACK KICKS Alternate Karate Kicks Back (Arms: Hug dumbbells)								16x
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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3 UPPER BODY 1 LOVE WILL SAVE THE DAY WAVE 18 waterinmotion STRENGTH									
Intro	2 Dumbbells, In Each Hand								
Verse	ROTATING PUNCHES Grounded Lunge Stance (Arms: Extend right – palm down & bend left – palm up)								32x
Bridge	TRICEPS PRESS BACK Grounded Lunge Stance – Option To Lift Leg (Arms: Press both dumbbells back)								16x
Chorus	FRONT RAISE & OPEN Grounded Stance (Arms: Lift front, open side, close, lower)								8x
FINISH	Relax Hands & Shake Shoulders								
V1	B1	C1	V2	B2	C2	V3	B3	C3	

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4 CORE 1 WALKING ON A DREAM WAVE 18 waterinmotion STRENGTH									
Intro	2 Dumbbells, Underwater								
Verse	DUMBBELL PULLDOWN QUICK-SLOW In Diagonal Position – Legs Back (Arms: Pull dumbbell toward thighs – straight elbows)								16x
Chorus	DIAGONAL SPIDERMAN Alternate Knee lift Outside Dumbbell (Arms: Hold dumbbell under shoulders)								16x
Bridge	WASHING MACHINE Grounded Stance (Arms: Strongly sweep dumbbell hip to center)								16x
Finish	Stand wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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5 ACTIVE RECOVERY 1 DON'T YOU WANT ME WAVE 18 waterinmotion STRENGTH									
Intro	Put Dumbbells Aside								
Verse	JACK SWEEP 3 Jack, Alternate Sweep Legs 3 (Arms: Sweep Side, sweep to opposite foot)								8x
Bridge	PENDULUM / KARATE SIDE 3 Pendulum / Karate Side Kick 3 (Arms: Sweep opposite / Fists in front)								2x
Chorus	KICK FRONT 4 / KICK BACK 4 Kick Front 4 / Kick Back 4 (Arms: Scoop)								4x
FINISH	Land Wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

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6 LOWER BODY 2 BURNIN' UP WAVE 18 waterinmotion STRENGTH									
Intro	1 Dumbbell, In Left Hand								32x
Verse	ANGLED ROCKING KARATE B/F 7 On Angle, Rebound Rocking Karate Back/Front 7 (Arms: Angled punch & pull)								2x
Bridge	JACK & UPRIGHT ROW Jack (Arms: Push dumbbell down & return to chest)								16x
Chorus	TIRE RUN 2 / RUN 7 HOLD Tire Run 2 / Run 7 Hold TVL Side (Arms: Hold dumbbell at chest / Extend Right)								4x
FINISH	Land Wide, Push Dumbbell Front								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

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7 UPPER BODY 2 STRIKE WAVE 18 									
Intro	Get Into Grounded Stance, 2 Dumbbell								
Verse	JAB 2 / HOOK 2 Grounded – Wide Stance Jab Right 2 / Hook 2 (Arms: Extend, bend from shoulder / Aim for midline - Jab Right 2 / Hook 2)							4x	
Chorus	TRICEPS / BICEPS Grounded – Wide Stance (Arms: Extend, then bend)							16x	
Bridge	BARREL ROLL 32 / REVERSE 32 Bridge Lunge (Arms: Roll forward / Roll backward – white water)							2x	
FINISH	Stand Tall, Punch Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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8 CORE 2 LEVITATING WAVE 18 									
Intro	1Dumbbell, Placed Between Knees								
Verse	DOUBLE GLUTE SQUEEZE Flotation, Push Both Knees Down, Squeeze Glute (Arms: Assist in flotation)							8x	
Chorus	FIGURE 8s Flotation, Create Figure 8 With Knees (Arms: Assist in flotation)							8x	
Bridge	REVERSE PLANK LIFT Flotation, Reverse Plank, Lift Feet & Lower (Arms: Sweep open & close)							8x	
FINISH	Stand Tall, Punch Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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9 ACTIVE RECOVERY 2 CASTLE ON THE HILL WAVE 18 									
Intro	Put Dumbbells Aside, Cross Country							16x	
Verse	ROCK 2 / JACK 2 Rocking Horse 2 / Jack 2 (Arms: Push palms front / Push side)							4x	
Bridge	CROSS COUNTRY 7 / 180 TURN Cross Country 7 / 180 Turn To Back Of Pool (Arms: Sweep forward & backward)							4x	
Chorus	BARREL JUMP 2 / RUN 7 HOLD Barrel Jump 2 TVL Side / Run 7 Hold – Outside Foot (Arms: Reach & sweep / Running)							4x	
FINISH	Land wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

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10 FLEXIBILITY CRAZY LOVE WAVE 18 									
Intro	Finger Pushes								
Verse	MOUNTAIN / HAMSTRING / QUAD Stand / Lift Leg / Sweep Heel To Glute (Arms: Prayer to mountain / Open chest / Clasp)							2x	
Chorus	WARRIOR 2 Alternate Warrior 2 (Arms: Warrior 2 to heart)							2x	
Bridge	GLUTE STRETCH Figure 4 – Cross Ankle Over Knee (Arms: Eagle or prayer)							2x	
FINISH	Land Wide Open Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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